

**ABSTRACT**

A lifting tool has a handle, a lifting tool head, and a means for slidably mounting the lifting  
5 tool head on the handle such that the lifting tool head slides with respect to the handle  
between an extended position and a compressed position. The lifting tool further includes a  
means for biasing the lifting tool head towards the extended position. Since the lifting tool  
head can slide against the bias of the means for biasing, the lifting tool can absorb some of  
the shock if the lifting tool head strikes a hard obstruction, thereby sparing a user from the  
10 strain and potentially avoiding an injury that could result from the strain.